

CAZON  
H85  
-Z018

Government  
Publications

# Alcohol & Drug Treatment in Ontario

A Guide for People Seeking Help

## Ontario's Alcohol & Drug Treatment

**Voluntary** – it's up to you.

**Confidential** – it's your business.

**Effective** – it can help.

Get started.

Choose the treatment that is  
right for you.



Addiction Research Foundation   Fondation de la recherche sur la toxicomanie

## **Is there a charge?**

Most services are funded by the government, so there's no charge. But a few have fees – check with each service for details.

## **What happens in treatment?**

Each service does something different. But there are always trained staff to direct the service. Here are some of the things they do:

- explore how alcohol and drugs affect your life
- plan your treatment with you
- link you to other services you might need
- teach you about the risks of alcohol and drug use
- teach you skills for leading a healthy, balanced life
- help you to avoid a "slip" or a relapse
- provide one-on-one support and guidance
- lead group-counselling sessions
- offer support and information for your family
- link you with self-help or mutual support groups, like AA
- prepare a plan with you for what will happen after treatment
- follow up with you after treatment.

Some services give you a place to stay. Some arrange sports and social events, or help you to get back to work or school after treatment.

ANSWERS

SOME

QUESTIONS

**There are more facts about what happens in treatment on the back of this guide.**

## **What do I have to do in treatment?**

You may be asked to follow certain rules. They differ at each service, so it is best to ask for details.

Examples of rules are:

- no alcohol or drugs while in treatment
- you must have a complete medical exam when starting treatment
- you must take part in all activities that are scheduled.

**Helping professionals – like a doctor or nurse – can tell you about the services in your area.**

## **Are there services for people with different needs?**

Yes. Some specialize in helping:

- women
- men
- younger people
- older people
- aboriginal people
- francophones
- people in trouble with the law
- people who have physical or psychiatric conditions.

Some specialize in helping people who have problems with:

- alcohol
- heroin
- cocaine
- prescription drugs.

## **Where will I go?**

Treatment can take place in different settings, such as:

- offices
- houses in the city
- houses in the country
- hospitals
- health clinics
- missions and hostels.

## **When can I get in?**

It depends. Some services can see you right away. For other services, there will be a wait. If so, the service can help you plan how to cope.

## **How long do I stay in treatment?**

It depends on the service and on you – on how much help you need. See the back of this guide for more details about the length of each type of service.

## **Will treatment help?**

Yes. And you can make it help more by getting started now – and by choosing the service that's right for you.

## ASSESSMENT AND REFERRAL SERVICE

Choose this service when:

- you're not sure whether you need treatment
- you need help deciding whether to try quitting or cutting down
- you don't know which service is right for you.

## WEEKLY COUNSELLING SERVICE

Choose this service when:

- you need some help to meet your goals about drinking or taking drugs
- you are able to complete homework on your own
- you have work or family duties.

## DAY OR EVENING SERVICE

Choose this service when:

- you need extra help to meet your goal about drinking or taking drugs
- you can schedule work or family duties around service hours.

## FOLLOW-UP SERVICE

Choose this service when:

- you have finished treatment
- you want support to maintain the changes you have made
- you want to avoid a "slip."

## SELF-HELP OR MUTUAL SUPPORT SERVICE

Choose this service when:

- you want the company of others who do not drink or take drugs
- you want to help yourself by helping other people with alcohol or drug problems.

## PLEASE NOTE

Some services may not be available near you, or may differ from state to state. Helping professionals can tell you more about treatment in your area.

## **STEPS: LIVE-AT-HOME**

What it does:

- helps you to choose and enter treatment.

What you do:

- attend one to two sessions, each about two hours long
- make sure you are not drunk or high for your appointments.

What it does:

- helps you to meet your goal – whether that's to quit or to cut down.

What you do:

- attend one or two sessions each week for up to six months
- make sure you are not drunk or high for your appointments.

What it does:

- provides activities each weekday for two to five weeks to help you adjust to living without alcohol or drugs.

What you do:

- attend sessions each day or evening
- are alcohol/drug-free for a few days before starting treatment
- remain alcohol/drug-free during treatment.

What it does:

- helps you maintain the progress made during treatment.

What you do:

- meet with others who have finished treatment
- work one-on-one with a counsellor
- practise skills for staying alcohol/drug-free.

What it does:

- holds regular meetings of people who have alcohol or drug problems.

What you do:

- attend meetings regularly (usually one to two hours)
- share your experience with the group in ways that are comfortable to you
- practise the group's program for recovery (12 Steps, for example).

from those described above.  
our area.

## DETOX SERVICE

Choose this service when:

- you are drunk or high and need somewhere to stay and someone to talk to
- you want to enter treatment, but you find it hard to stay away from alcohol or drugs for a few days in a row – even with help from your friends, your family or a counsellor.

## SHORT-TERM SERVICE

Choose this service when:

- weekly counselling and a day or evening service have not helped you
- you need to be away from family and work duties to adjust to alcohol/drug-free living and to focus on treatment.

## LONG-TERM SERVICE

Choose this service when:

- you have had problems with alcohol or drugs for a long time
- a short-term service has not helped you
- you need extra time to adjust to a life without alcohol and drugs
- you need to build social support.

## THERAPEUTIC COMMUNITY

Choose this service when:

- you need strict rules to help you recover
- you have had problems with alcohol or with drugs like cocaine or heroin for a long time
- a short-term service has not helped you.

## SUPPORTIVE HOUSING

Choose this service when:

- you need more time to adjust to life without alcohol and drugs
- you want to make more contacts in your community before you try living on your own.

## PLEASE NOTE

Some services may not be available near you, or may differ from place to place.  
Helping professionals can tell you more about treatment choices.

## CHOICES: LIVE-IN

What it does:

- gives you a place to stay for three to five days while your body gets rid of alcohol/drugs and adapts to a drug-free state.

What you do:

- rest
- plan what to do next.

What it does:

- gives you a place to stay that is alcohol/drug-free for a month or so, and shows you how to lead a healthy, balanced life.

What you do:

- are alcohol/drug-free for a few days before starting treatment
- take part in education and treatment activities.

What it does:

- gives you an alcohol/drug-free place to stay for six weeks to six months, while teaching you how to rebuild your life without alcohol or drugs.

What you do:

- complete detox
- take part in education and treatment activities
- slowly prepare to live on your own.

What it does:

- gives you a strict, alcohol/drug-free place to stay for six to 15 months, while teaching you how to rebuild your life without alcohol or drugs.

What you do:

- complete detox
- have medical and psychiatric exams
- take part in a rigid schedule of activities
- learn social and job skills.

What it does:

- provides a bridge or a stepping stone between treatment and living on your own.

What you do:

- complete detox
- become involved in work or school outside the house.

from those described above.  
our area.

## **Do you need more details about alcohol and drug treatment?**

### **WHERE TO START**

- ✓ Talk to a professional you trust:
  - a doctor or nurse
  - a counsellor or therapist
  - a social worker
  - an Employee Assistance Program (EAP) contact at work
  - or any other person you trust.
  
- ✓ Look in the Yellow Pages under *Addiction Information and Treatment Centres* – and call a local treatment service.
  
-  Call the Drug and Alcohol Registry of Treatment (DART) – **toll-free 1-800-565-8603**

DART has up-to-date details about alcohol and drug treatment services across Ontario.



Use the space below to note the number of your local alcohol and drug treatment service.

Your local service

Name:

Address:

Telephone:

For facts about alcohol and drugs, call Addiction Research Foundation toll-free at 1-800-INFO ARF • 1-800-463-6273